

50 Spiritual Practices In Four Categories

HEAD Spirituality

1. Reading the Bible
2. Group Bible Study
3. Discussing Bible
4. Scripture Memorization
5. Listening to Sermons
6. Meditating on the scriptures
7. Reflecting about God
8. Remember the presence of God
9. Family Devotions
10. Journal Writing
11. Sharing the gospel
12. Giving Testimony
13. Being Mentored

HEART Spirituality

14. Personal Prayer
15. Chain Prayer
16. Praying with others
17. Christian Fellowship
18. Quiet Time
19. Confession of sins
20. Submitting
21. Repentance
22. Corporate Worship
23. Personal Worship
24. Praising God
25. Singing
26. Dancing
27. Thanksgiving
28. Obedience
29. Following Biblical teaching
30. Accountability group
31. Forgiving
32. Exhibiting the fruits of spirits

BEING Spirituality

33. Solitude/ Being alone with God/
34. Silence
35. Stop, Look and Listen
36. Taking a personal spiritual retreat
37. Fasting
38. Taking Sabbath
39. Spiritual Direction
40. *Lectio Divina*
41. Contemplation
42. Participating in communion

DOING Spirituality

43. Using Spiritual gifts
44. Counseling
45. Encouraging
46. Serving/helping others
47. Showing Mercy
48. Loving others
49. Offering/Giving Money
50. Advocacy for justice